



Regina Food For Learning

Newsletter



December 2011

Regina Food For Learning
Box 3524
Regina, SK.
S4P 3J8

Ph (306) 565-8632
Fax (306) 565-8632

rffl@accesscomm.ca

www.reginafoodforlearning.com

Christmas Message



As 2011 comes to a close we must savor our accomplishments and plan for the upcoming year.

We have had a very busy and successful year. In 2011 we have provided over 82,248 snacks in six schools and 14,479 lunches in seven schools between January and October 31st. We, of course don't have the final figures for November and December, but as of the end of 2011 we will have served over 1,237,349 snacks and 446,909 lunches since we began feeding children in our community in 1989.

In the upcoming year we plan to continue to provide good, nutritious snacks and lunches as required by the schools that we serve.

The Board of Directors and staff of Regina Food for Learning extend a huge **"THANK YOU"** to all the dedicated volunteers, donors, teachers, and principals for your continued support. We couldn't have done it without you!! You make Regina Food for Learning possible.

Good Health, Peace, Laughter, Prosperity and Happiness. May these be your gifts in this joyous season and throughout the New Year.

Sincerely,

The Board of Directors and Staff, Regina Food for Learning

Fundraising Updates



We did a presentation to the Regina South Rotary Club on Sept 16th. The event was quite enjoyable. Thank you for the invitation.

The Canadian Tire North BBQ held on September 17 and 18 was a great success. We cleared \$1346.52. Thank you to everyone who helped make this event possible.

We have been invited to do a presentation at Whitmore Park United Church on November 20th.

We have a Pasta Buffet fund raiser event scheduled for Nov 29th at Luiggi's.

We are preparing a Christmas card to touch base with a number of businesses, and organizations to promote our cause. Thank you to those volunteer people working on that project.

We are participating in Southland Mall's "Cans for a Cause" for November, December and January. We collect the cans that have been left in their recycle bins, have them sorted by a class at Victoria Campus and take them in to Sarcan. Thank you to all involved. I will let you know how much we raise.





Donor Recognition

We would like to recognize corporate donors who have contributed financially to our program between May 2nd and November 14th, 2011. We also very much appreciate the contributions from individuals but feel it would be inappropriate to publicly recognize them. Thank you all very much!

Balgonie United Church Women
 Conexus Credit Union
 Downtowners Optimists
 Majestic Air Inc.
 St. James United Church
 Victoria Campus (class recycle proceeds)

Canadian Union of Postal Workers
 Co-Op Refinery
 Fraternal Order of Eagles
 SaskEnergy
 St. Pauls Greek Orthodox Philoptochos Society

Christmas Treat Bags

Regina Food for Learning is again this year preparing treat bags for each of the children we serve. Our numbers keep increasing. Here is a list of the schools with the numbers that we serve currently in each: (subject to change)

- Arcola Community School – 360 students
- Balfour Tutorial (now renamed Shirley Schneider Support Centre) – 75 students
- Judge Bryant School – 15 students
- Centennial Community School – 380 students
- Coronation Park Community School – 53 students
- Dr. George Ferguson School – 290 students
- Haultain Community School – 122 students
- Victoria Campus: Concord – 5 students, Integrated Services Program # 2 – 6 students, Quiet High – 6 students, Vocational Alternative Program #2 – 4 students



So far this year we have had a great community response. Many thanks to Victoria Square Dental for the donation of tooth brushes and flossers for every student again this year. Many thanks as well to the Bank of North America for donating a Christmas orange and juice box for every student again this year. We also have donations of toiletry items and assorted goodies coming in from the Regina South Rotary Club. Thanks go out to the Canadian Progress Club – Regina Assiniboine for their donation of suckers and wrapped candy to go into the Christmas bags. If you wish to be involved please call Heather at 565-8632. We are always in need of small fun items such as crayons, mini puzzle or coloring books etc and of course we collect hotel size toiletry items and lip balms year round for our Christmas bags.



Interesting Numbers

Mary, our cook at Core Ritchie, has been keeping track of the baking she is preparing for our many snack and lunch locations. She and the Core Ritchie volunteers are responsible for the snacks we serve at Arcola Community School but also does most of the baking for all of our other locations. Between Sept 6 and Nov 2nd, she has made 5,125 cookies, 12 loaves, and 25 dozen muffins. That is just the baking there have been hundreds of sandwiches, pizza buns, hard boiled eggs, veggies and fruits too.

The baking numbers made me curious so I started to check back to see how much produce we used in 2½ months. Here goes – Please keep in mind the average case weighs between 30 and 40 lbs:

Apples – 22 cases
 Cantaloupe, honeydew or watermelon – 14 cases
 Cauliflower – 4 cases
 Grapes – 4 cases
 Pears – 10 cases
 Plums – 10 cases

Bananas – 6 cases
 Celery – 16 cases
 Kiwi – 1 case
 Peppers – 3 cases
 Tomatoes – 4 cases

Broccoli – 4 cases
 Carrots – 7 cases
 Cucumbers – 12 cases
 Oranges – 16 cases
 Pineapple – 3 cases

Advertising Food to Children

Many commercials try to persuade us to buy food. Some suggest that a certain food will make us feel good or that acting a certain way gets a food reward. What are advertisers selling and what effect does it have on children?

Commercials are seen in many media formats but TV is the main way to reach young children, especially children 2-11 years of age. Children see 3 times more commercials today than in the 1970's. At least half of those commercials are for food and are shown during children's programs. Young children watch about 21 food commercials a day. This does not include print, radio, internet, video games, or other media!

Most foods aimed at children are high in fat, sugar, and salt and low in fibre and other healthy nutrients. About 80% of foods intended for children are fast foods, sweets, and cereal. Breakfast cereals aimed at children have 85% more sugar and 65% less fibre than cereal products aimed at adults. Child-audience TV foods are not usually the healthier options. TV advertising of such foods has links to obesity.

Children are an important target group for marketers. Children have purchasing power because they influence parents' buying decisions and they are future adult consumers. Marketers are very persuasive; parents talk healthy and marketers promote desire with music, toys, and contests. Food commercial claims are not technically false but can confuse children and parents about what makes a food healthy.

Even though TV may influence what a child wants, the adult controls buying. A parent is still the most important factor for setting the family diet. For healthy options, look at food labels to compare nutrients and select the best option. Nutrient information to look for, per serving:

- Fibre - 2 g is okay, 4 g is better, 6 or more is excellent
- Sugar - choose grains and cereals with less than 12 g of sugar
- Sodium - 480 mg or less
- Trans fat - 0.5 g or less
- Total fat - 10 g or less

Commercials link food with fun, play, being popular, sports, and happiness with little mention of actual product content. Messages often imply that a food can lift your mood or tastes so good you cannot live without it. Children see people that trick, fight, and lie to obtain food. What can you do to be a savvy consumer and teach children to be savvy now and in the future?

- talk about the purpose of advertising
- ask why a product is a "must-have"
- encourage children to challenge advertisers' claims
- watch commercial free TV or better yet, limit TV time
- be a role model for eating habits and behaviour
- don't feel guilty for not buying the commercials' foods

If you have questions about health claims or food labels, contact your local Registered Dietitian or Public Health Nutritionist.

References

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Adapted from an article originally developed by the Public Health Nutritionists of Saskatchewan printed on June 2010. Updated by Regina Qu'Appelle Health Region June 2011.



Community Support

I am very pleased to advise you that we have partnered with the Regina Pats this year. Pat's players volunteered at our Canadian Tire BBQ in September. They did a really good job and even K9 came along to promote hot dog sales and entertain. The Pats have also graciously taken on weekly volunteer responsibilities at two of our food preparation locations. Two or three players come out and prepare the required lunches, make sandwiches, peel and chop vegetables, make pizza buns, peel hard boiled eggs, bake or whatever needs to be done to help prepare the hundreds of snacks and lunches we serve. This week they did an inventory of items that we are collecting to go into Christmas Treat bags for each of the children we serve. Due to game schedules and other commitments they can't always make it out but they don't miss much time with us. We really appreciate it and have had a very good time working with them.

We have been working with Modular Storage Systems over the past couple of months. They have kindly given us the use of a number of their totes to use in our day to day activities. These are great for shopping and transporting goods from place to place. They are clean and easy to maintain which certainly beats cardboard boxes and is more environmentally friendly as well. Rob at Modular Storage has also volunteered to act as Santa's helper this year. He will provide the totes and a truck to deliver them to our schools once we have filled them with the Christmas Treat bags that we make up for each of the children we serve. In total we will be assembling over 1300 bags. Not all locations will be receiving delivery from Modular Storage as some locations have sufficient volunteers on hand to pack their own bags.

The Rotary Club, Regina South has really stepped up to the plate with a pledge to sponsor \$2000 worth of milk at our Shirley Schneider Support Centre this year. We feel that this is an exceptional fit for both of our organizations. The Regina South Rotary works very hard to improve literacy locally and indeed around the world. The Shirley Schneider Support Centre is the former Balfour Tutorial for pregnant and parenting teens. We currently provide 75 lunches three days a week in this location and of course each lunch contains milk. Thank you so much to the Rotarians for their generous contribution.



Rich Tea Biscuits

2 cups flour
2 tbsp granulated sugar
1 tsp salt
4 tsp baking powder

½ cup cold margarine or butter
1 cup cold milk

Put first 5 ingredients into bowl. Stir thoroughly.

Cut in margarine until crumbly.

Pour in milk. Stir quickly to combine. Dough should be soft. Turn out on lightly floured surface. Knead gently 8 – 10 times. Roll or pat ½ - ¾ inch thick or half the thickness you want the baked product to be. Cut with small round cookie cutter or glass. Place on greased cookie sheet close together for soft edges and apart for crisper sides. Bake in 450° oven for 12 – 15 minutes. Brushing biscuits with milk before baking will produce a pretty brown top. Makes 10 – 12. (Try using parchment paper as it protect the bottoms from possible scorching)

Ginger Sparkles

¾ Cup margarine	1 cup brown sugar
1 egg	¼ cup molasses
2 Cups flour	2 tsp baking soda
½ tsp salt	1 tsp cinnamon
½ tsp cloves	1 tsp ginger

In a mixing bowl, cream margarine and brown sugar, beat in egg, then mix in molasses.

Combine flour, soda and spices. Gradually add to creamed mixture. Roll into 1 inch balls, roll in sugar and place 2 inches apart on ungreased cookie sheet. Bake at 375° for 8 – 10 minutes.



WOULD YOU LIKE AN E-NEWSLETTER?



If you would prefer to receive future newsletters via email we are compiling a list (and checking it twice) to see who has an email address and who prefers regular post services. You may find it more convenient to receive an electronic copy, If so let us know at rfll@accesscomm.ca If not, we'll save your spot on our mailing list.



Regina Food For Learning

We're on the Web!

See us at:

www.reginafoodforlearning.com

Apple Muffins with Streusel Topping

(also try with peaches instead of apple)

2-1/4 cups flour
1 tsp baking soda
1/2 tsp salt
1-1/2 cups brown sugar
2 cups diced apples
1 egg
1 cup buttermilk
1/2 cup melted margarine
1 tsp vanilla



Mix flour, baking soda, salt and sugar together. Stir in chopped apples.

In a separate bowl mix together eggs, buttermilk, butter and vanilla. Stir gently into dry ingredients.

Spoon or scoop batter into greased muffin tins.

Topping:

1/2 cup brown sugar
1/2 cup flour
1 tsp cinnamon
2 tbsp melted margarine

Mix together and sprinkle on top of muffins.

Bake at 375° for 25 minutes or until toothpick comes out clean.



Regina Food For Learning

P.O. Box 3524 Regina, SK

☐ YES

I wish to support Regina Food for Learning Inc.

Enclosed is my tax creditable donation of \$ _____

☐ YES

I wish to support meals for one child,

1 week (\$10) _____, 1 month (\$40) _____, 1 year (\$400) _____

☐ YES

I wish to volunteer for Regina Food for Learning Inc.

Name: _____

Address: _____

Postal Code: _____ Telephone: _____

Please make cheques payable to Regina Food for Learning Inc.

Tax receipts will be issued for donations of more than ten dollars.